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HOUSEKEEPERS' CHAT Wednesday, July 26, 1933

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SUBJECT: "MANY WAYS TO USE TOMATOES". Information from the Bureau of Home Economics, U.S.D.A.

You may say I'm partial, you may say I'm prejudiced, you may say I'm much fonder of some foods than others. And you'll be quite right. I'll admit that I am partial to those foods that have some special value. My Scotch blood makes me appreciate a good food bargain. Don't you agree that foods offering special value at no extra cost deserve special popularity? Well, so do I. I believe that foods like that ought to appear on the dinner table often.

Tomatoes are one of these food bargains. Here's a vegetable that is easy to raise and usually very inexpensive to buy in season. Here's a vegetable that's easy to can. Here's a vegetable that is as valuable canned as raw, that keeps its good flavor, its attractive red color and its important vitamins even after cooking and canning. One of the special values of tomatoes is their vitamin C. They're just as good a source of this rather illusive vitamin as citrus fruits. You can give the baby orange juice when oranges are cheap, and canned or fresh tomato juice the rest of the time. Tomatoes happen to combine three unusual qualities: a delicious flavor that goes well with many different foods, an attractive color, and extra-special nutritive value which includes four vitamins and several important minerals. There now. If you can suggest another vegetable that offers as much for the money, I'd like to hear about it.

But even with all that praise, I haven't told you half about tomatoes. One of the best things about them is that they never need to grow monotonous. You can serve them in so many different ways that they can appear at the table three hundred and sixty-five days of the year. Most housewives I've talked to tell me that if they have tomatoes in their own garden or if they can buy tomatoes very cheaply, canning a plentiful supply for winter pays them in better meals at less cost. And most of these home canners put up some strained tomato juice along with their canned tomatoes. Canned juice is convenient for soups and cocktails and tomato jellies. For economy's sake, they use the perfect tomatoes for canning and save the culls--those that are not quite ripe or undersized or have some other slight defect--for tomato juice or puree.

Now let's talk over some good ways to use your ripe garden tomatoes in summer meals. I hardly need to mention raw fresh tomatoes in salad. They're popular sliced or quartered or stuffed with some salad mixture and served on salad greens. Almost any salad dressing is good with tomatoes.

Some day when you're having an oven meal or when you are using your oven for baking anyway, try tomatoes baked in halves or try savory stuffed tomatoes. Baked tomato halves are very easy to fix. Just wash the tomatoes and cut them in half, removing the stem ends. Now place the halves, cut side up, in a shallow greased baking dish with buttered and seasoned bread crumbs over the top. A very little water in the bottom of the dish will keep them from sticking. In a moderate oven they'll bake in about half an

hour. Serve them right in the baking dish.

Baked stuffed tomatoes take a little more time to fix but are extra flavorful. No wonder when the stuffing contains several different lively flavors like bacon, parsley, onion, celery seed and -- but wait. Here's the way to make that stuffing:

Fry a few strips of bacon until crisp, remove from the pan and break the bacon into bits. Now put the chopped parsley and chopped onion in the fat, cook for a few minutes, then add bread crumbs, celery seed, salt, pepper, crisped bacon and the tomato pulp that you scooped out from the tomato shells. Stir this mixture together. Then fill the tomato cups with it. Cover the top with buttered crumbs and bake in a moderate oven until the tomatoes are tender.

Another easy and cooler way to cook tomatoes for a summer meal is to broil them. You can broil halves of seasoned tomatoes in a greased baking dish set under the broiler flame. Set the dish far enough away from the flame so they'll cook before they brown. Serve these tender and lightly browned tomatoes very hot on crisp hot buttered toast.

Or, serve your tomatoes fried. To fry tomato slices, dip them first in beaten egg and then in fine bread crumbs seasoned in salt and pepper. Let the coated tomatoes dry out before you fry them. Heat fat in a heavy frying pan, place the tomatoes in this fat, brown first on one side, then on the other. Now reduce the temperature so they'll have a chance to cook through. Serve on a hot platter garnished with chopped parsley.

If you want a combination vegetable dish, you'll find that tomatoes combine well with many other vegetables. Instead of plain stewed tomatoes, you might have tomatoes and celery stewed together, or tomatoes and onions or tomatoes and okra. Two unusual vegetable dishes are baked onions in tomato sauce or baked cucumbers with tomato sauce.

No more time today to talk of ways to cook tomatoes. But some day soon I'll get back to this subject. Just now we have a dinner to plan. This is another economy dinner. For the main dish how about a hot platter of crisp bacon and fried tomato slices? Then, to go with it, hot spoon bread--that soft cornmeal dish that takes the place of both bread and potatoes at the meal. For dessert, hot fruit pie--apple, cherry, huckleberry, peach, or whatever fruit is ready in your garden or orchard.

Tomorrow: "Home Cleaning Problems."